

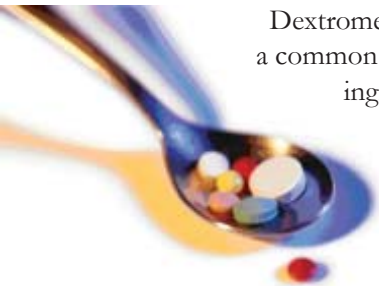
# THE GUNFIGHTER

VOLUME 18, ISSUE 9



366TH FIGHTER WING, MOUNTAIN HOME AIR FORCE BASE, IDAHO

## AAFES restricts sale of some cough, cold meds



Dextromethorphan (DXM) is a common cough-suppressing ingredient contained in more than 140 over-the-counter cough and cold medicines. When taken as directed and used properly, DXM is safe, but recent media reports and research indicate abuse of DXM is becoming more of an issue than previously thought.

While there is not yet a legal requirement to flag products with this ingredient, Army and Air Force Exchange Service is voluntarily limiting sales of products with DXM as of Jan. 24 to customers under the age of 18.

A message on the cash register will alert cashiers to verify the age of the person buying products with DXM.

Customers can still find cough and cold medicines with DXM in the health and beauty care department of the Mountain Home Air Force Base exchange or at the Shoppette. The only difference customers will encounter will be at checkout.

“AAFES wants to be proactive when it comes to the health of military service members,” said Rick Lein, Mountain Home AFB exchange general manager. “It is our hope that monitoring DXM sales will ensure Mountain Home Air Force Base’s military families are not susceptible to abuse.”

For more information or to schedule an interview with a local AAFES representative, please call Lynn Masters at 832-4511 or contact her via e-mail at MastersL@aafes.com.

(Courtesy of AAFES Corporate Communications.)

## Base hospital, patients team up for safety week

By MARCIA VONDRAN LUTZ  
366TH MEDICAL GROUP

National Patient Safety Awareness Week kicks off Sunday and runs through March 11.

This year’s theme is “Our Patients, Our Partners – One Team, One Goal,” and the 366th Medical Group is placing a high priority on providing care in a safe, compassionate environment.

The 366th MDG staff members continue to enhance patient safety and prevent harm from coming to patients by actively pursuing the education of patients and staff, avoiding medication errors and wrong site surgery, ensuring that the environment and equipment are safe, frequently washing hands to avoid spreading germs and proactively reviewing processes to make them safer through improved communication. However, an important component of the healthcare team and patient safety program are the patients.

Being an informed consumer regarding medications and treatments is one way to avoid errors, and it also increases patient knowledge and confidence in medical care.

Patients can take action to increase the safety of medical care by coming to medical appointments prepared with a list of questions for their medical provider and current medications, vitamins or over the counter supplements they take. They should also inform their medical provider and pharmacist of any medication allergies they have.

In addition, reading the labels of prescriptions and assuring they have the correct patient and medication names is important. Some medications have similar

Please see **SAFETY**, Page 3

## Base mourns loss of Gunfighter

By STAFF SGT. CHAWNTAIN SLOAN  
GUNFIGHTER PUBLIC AFFAIRS

Family, friends and coworkers honored a fallen Gunfighter Thursday during a ceremony at the Gunfighters Club and a viewing at Rost Funeral Home in Mountain Home.

Master Sgt. Sandra Bryant, NCOIC of the 366th Medical Operations Squadron Life Skills Flight, died Sunday morning in a snowmobile accident at Yellowstone National Park.

Sergeant Bryant entered the Air Force June 13, 1989, and has been at Mountain Home Air Force Base since 2003. Her distinguished achievements earned her numerous awards throughout her military career, including Air Combat Command Mental Health SNCO of the Year and 366th Medical Group SNCO of the Year for 2005. She touched many lives and selflessly volunteered her off-duty-time to various organizations, including Big Brothers and Big Sisters of America.

“We are deeply saddened by the loss of Master Sgt. Bryant. She was an incredible person and a key

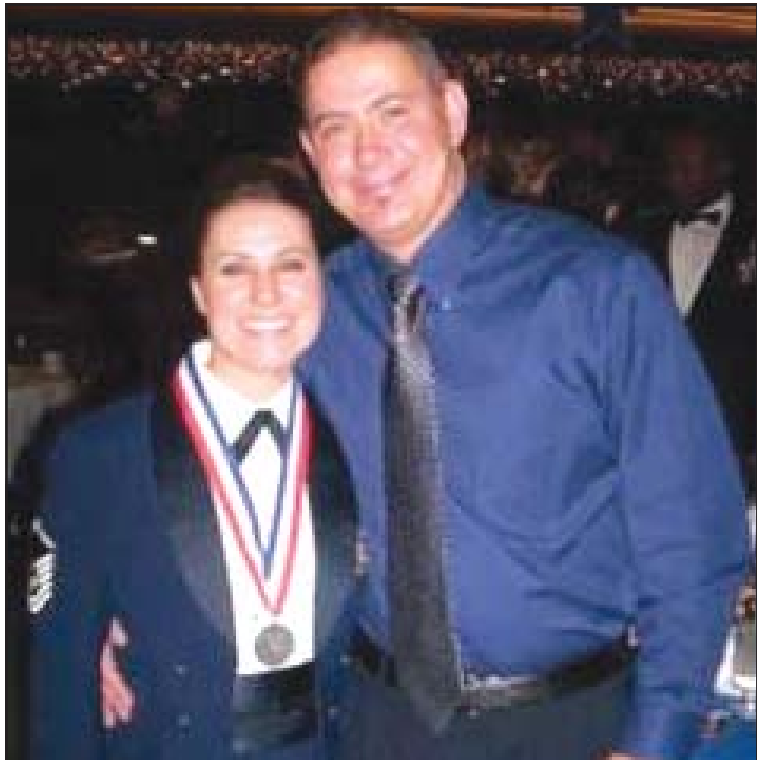
member of the hospital and Gunfighter team,” said Col. Helen Horn-Kingery, 366th Medical Group commander. “Our hearts and prayers go out to her family during this difficult time.”

Sergeant Bryant was born Feb. 6, 1971, in Redwood City, Calif., to Thomas and Mary Judge. She graduated from Antioch Senior high School with honors in 1988.

She was awarded associates degrees in Allied Health Sciences and Logistics Management from the Community College of the Air Force in 2000 and was attending Boise State University in pursuit of her bachelors degree in Psychology.

Sergeant Bryant enjoyed outdoor activities and animals were one of her greatest joys.

She is survived by her husband, Johnny Murphy.



MASTER SGT. SANDRA BRYANT AND HER HUSBAND, JOHNNY MURPHY

## American, British forces bring heroes home

STORY AND PHOTOS BY  
STAFF SGT. MELISSA KOSKOVICH  
GUNFIGHTER PUBLIC AFFAIRS

(Editors note: Sergeant Koskovich is currently deployed to U.S. Central Command Air Forces Public Affairs)

**SOUTHWEST ASIA (AFPN)** – The thunder of the C-130 Hercules engine vibrates through the cabin as the aircraft lifts off of the runway. Today’s mission is different than most. Today, Australians and Americans leave pallets and passengers behind, making room to gather the wounded and bring them back home.

Affectionately called “the mercy channel,” this weekly mission pairs a Royal Australian Air Force C-130J and aircrew with a U.S. Air Force medical team.

Moving more than 1,883 patients since August, these missions travel throughout Iraq and Kuwait, gathering injured servicemembers and delivering them to higher care facilities.

“The patients we carry on these missions were injured in some way, down range,” said Capt. Kristie Harlow, 379th Expeditionary Aeromedical Evacuation Squadron flight nurse. “Our job is to get them where they need to go for treatment, while providing them the care they need.”

All onboard agree that the Australian hosts, part of the Australian Defense Force’s Joint Task Force 633, provide first class accommodations for the patients and the Airmen who care for them.

“Our Australian coalition partners are fantastic,” Captain Harlow said. “They help us set up the aircraft, care for the patients ... anything we need. We work side by side with them and they are outstanding.”

The Aussies, along with the United States and the Royal Air Force, fly C-130J aircraft in this deployed coalition environment.

Litters are stacked, bunk-bed style, in the cargo aircraft. The crew and medics wear body armor and Kevlar helmets for most of the 15-hour mission days, even while tending to patients.

Operating out of the Combined Air Operations Center in Southwest Asia, the joint RAAF and Air Force missions are seamlessly performed. Both Australian and American crewmembers find great satisfaction in helping injured servicemembers make their way home.

Please see **MISSION**, Page 3



**MOSUL, IRAQ (AFPN)** — AFTER LOADING PATIENTS, TECH. SGT. AMY ROMANAS TAKES A BRIEF BREAK. “WE ALWAYS HOPE WE WON’T BE BUSY, BUT IF SOMEONE DOES GET HURT, WE’RE READY TO GIVE THEM THE CARE THAT THEY NEED,” SHE SAID. SERGEANT ROMANAS IS A MEDICAL TECHNICIAN WITH THE 379TH EXPEDITIONARY AEROMEDICAL EVACUATION SQUADRON.

## IN THIS ISSUE

### Retired doesn't mean useless



“While your retirement marks the end of a distinguished career, you will always be a member of

the Air Force Family. We are proud of you and will continue to proudly claim you as our own.”

I have heard this quote time and time again during the many retirement ceremonies I had the privilege of attending over the years. We all know the Air Force as an institution will always “proudly claim you” as a retired member, but how good of a job do we do to echo that sentiment

in our personal actions and attitudes?

• Page 2 •

### TRICARE benefits in 20/20

No matter how well service members test on the annual eye exam, it’s easy to be a little unclear about vision care, and reading every policy governing TRICARE’s eye and vision benefits can make a person cross-eyed.

But here’s a looking glass into the policies that won’t leave anyone with red eyes.

• Page 3 •

### Air Force updates vision

Heritage, future innovations and focus on the joint warfighter are three key points in the newly released Air Force Vision document, “Lasting Heritage...Limitless Horizons: A Warfighter’s Vision.”

This vision document, released to Airmen worldwide Feb. 28, replaces the older “Vision 2020” version.

• Page 4 •

### FSC offers TAP classes



For military members nearing the end of

their service, life can be somewhat hectic and unpredictable. Donning a business suit, adjusting their finances, making a resume or participating in a job interview present members with various personal hurdles they must overcome to be successful after their military careers. One agency that looks to make this transition as easy as it can be is the family support center.

• Page 4 •





# Retirees continue serving country, Airmen as fountain of knowledge

SENIOR MASTER SGT. JOHN  
MACBRIDE  
366TH OPERATIONS SUPPORT  
SQUADRON

“While your retirement marks the end of a distinguished career, you will always be a member of the Air Force Family. We are proud of you and will continue to proudly claim you as our own.”

I have heard this quote time and time again during the many retirement ceremonies I had the privilege of attending over the years. We all know the Air Force as an institution will always “proudly claim you” as a retired member, but how good of a job do we do to echo that sentiment in our personal actions and attitudes? When in a crowded base exchange check out line or trying to get around in the commissary aisles, how often do many of us feel some annoyance standing behind retirees wearing baseball caps that proudly display their prior service branch or naval vessel they served on? I am truly ashamed to say that I have felt this way before, and I know that if I’ve felt it, surely others have as well.

In many cultures, individuals with such wisdom are held to the highest esteem. Many retired veterans may not move as fast or hear as well anymore, but does this make them any less worthy of the respect and admiration they have earned and deserve?

Try to imagine the experiences and testimonies this elite group possesses. They defended our nation and paved the way for us, and they are sometimes the most overlooked and under appreciated segment of our military community.

I knew a young 19-year-old Airman who was working a mid-shift at his first duty assignment. He was alone and down the hall from the Space “A” passenger terminal, which was closed. Two elderly retired gentlemen hoping to catch a “hop” asked the Airman when the terminal opened and then proceeded to ask him various questions about himself and life in the Air Force. The Airman wanted to be left alone so he could sit and listen to the local radio station, but he politely



PHOTO BY TECH. SGT. CHRISTOPHER GISH

talked to them for a couple hours before they left. Proudly, the retirees spoke of their careers in the military and things they had seen and done, but the young Airman didn’t have too much interest in what they had to say at the time.

Regrettably, I was that young Airman some 20 years ago. I look back and realize now what a fountain of information they were and the sacrifices they ultimately made. They were extremely proud of their service and wanted to share some of their experiences with me – a young Airman. Now, I understand the pride among this group who wish to share their stories. How many times do we discount people without even knowing what they contributed or accomplished?

When I was in high school, I made frequent visits to my grandfather who was an Army World War II veteran and resided at a retirement assisted living home. I was amazed at how many of these American heroes would sit in their wheel chairs or lay in their beds staring into space. Many never received visitors, and unfortunately, most spent their last few years forgotten. I remember one gentleman who sat in his wheel chair listening to a small handheld transistor radio he always had with him. He was quiet and managed a slight smile and a nod when I said hello. I later learned from the facility staff that this otherwise unassuming gentle-

man was a retired Air Force test pilot who flew out of Edwards Air Force Base, but due to his physical state, he was unable to convey his experiences anymore.

Many years ago, I had the pleasure as a young staff sergeant of working with a particular civilian employee. He retired from active duty in the early 1970’s as a chief master sergeant after serving more than 30 years. He began his career in 1939 in the Army Air Corps and piloted B-17 bombers over Germany during World War II. After the war, the Army Air Force demobilized, drawing down numbers to include many pilots and officers.

Wishing to continue his military career, he gave up his rank of lieutenant colonel and accepted the rank of master sergeant. He worked in various specialties, including airfield management, base operations, command post and flight scheduling/records, and served in Korea and Vietnam. He was elderly, overweight and did not immediately strike you as extraordinarily impressive. He could also sometimes be difficult to work with, being set in his ways, but boy did all of us respect and admire him!

He saw first hand the Air Force become an independent service from the Army, witnessed the Berlin Airlift and saw the creation of both the senior and chief master sergeants, ranks he later earned himself. He was a walking text book of Air Force

history who spent his entire post active-duty career working as an Air Force civilian in Germany and one of the most knowledgeable employees working for the U.S. Air Forces in Europe when it came to assisting aircrews on proper flight planning procedures and air routes throughout Europe. At one point, he proudly proclaimed 20 years overseas without a single visit state side.

As he got older, he had various health problems and experienced difficulty hearing. I recall seeing frustration and annoyance in customers filing flight plans or asking him questions. I remember hearing some of the unflattering remarks they made about him under their breath. Looking back, I wish I had stood up and bragged of the prior combat pilot’s accomplishments and told these people how he had done so much for our Air Force. But, I never did, and it wasn’t in his nature to throw his experience in anyone’s face or speak much of this to any customers.

He passed away 10 years ago. I miss the stories he shared with me on those long mid-shifts back at Ramstein. Whenever he saw me struggling with supervisory-related issues as a young NCO, he would mentor me and help me fix problems. He would never overstep his boundaries or authority, but he sure conveyed some great advice based on his 30-plus years of NCO and officer experience.

So what’s the point am I trying to get across? Our military retirees and veterans paved the way. They came before us, defending our freedoms and way of life. Many of the things we enjoy and take for granted in today’s Air Force are the direct result of the vision many of those retirees you see at the base exchange and commissary, using the benefits they are truly entitled to enjoy.

We see them sitting quietly at the military personnel flight or hospital, waiting for service or a prescription to get filled. Some may be retired wing and group commanders, retired chiefs or simply just your average guy or gal who faithfully served 20 years and retired at a humble rank and position.

Think of the stories and experiences these individuals have. Think of their accomplishments, sacrifices and achievements. Do we take the time to appreciate what they did as we continue their legacy?

I challenge you to do so. Take the time to talk to them and be receptive if they strike up a conversation with you while you’re sitting somewhere on base. If you are fortunate enough to work with a retiree, listen to their experiences and feed off their knowledge. If you’re not in a hurry next time you are at the base exchange and the cashier asks if you want to move ahead because you’re in uniform, politely say, “Thanks,” state you can wait and let that retiree standing in line ahead of you go first.

As a retirement-eligible senior NCO, I know I’m in the twilight of my career and will soon find myself joining an elite group of retired members. I can only hope I preserve and contribute to the Air Force legacy, and hopefully, someone will be willing to listen to my stories and experiences.

There will come a day when many of us will be compelled to share stories about Iraqi Freedom, the Global War on Terrorism and the old air expeditionary force rotations. I’m sure we would expect and want those future Airmen to be willing to listen, learn and appreciate our contributions as they continue our legacy.

## COMMANDER'S HOTLINE



COL. CHARLES SHUGG

This Hotline is your direct line to me.

It’s your opportunity to make Mountain Home Air Force Base a better place to live and work. I review every response to Hotline questions, but functional experts prepare most responses.

If possible, you should first contact the organization responsible for the problem or function. Your first sergeants, commanders and agency chiefs want to help, so please let them try.

If you do not know how to proceed or if you have already tried your chain of command, then do not hesitate to contact the Hotline at 828- 6262 or e-mail Commanders-  
Hotline@mountainhome.af.mil.

Not all Hotlines are published, but if you leave your name and phone number or e-mail address, I will make sure you get a reply.

COL. CHARLES SHUGG  
366TH FIGHTER WING  
COMMANDER

## 2005 AWARDS

As of this week

|                |    |
|----------------|----|
| Air Force      | 13 |
| ACC            | 45 |
| 12th Air Force | 7  |

## LAST DUI

366th Aircraft Maintenance Squadron

Days without a DUI:

24

AADD made 70 saves in February, and 203 so far this year

(Courtesy of AADD)

## THE GUNFIGHTER



“The Gunfighter” is published by Mountain Home News, 195 South 3rd East St., Mountain Home, Idaho, 83647, 587-3331, a private firm in no way connected with the U.S. Air Force, under exclusive contract with the 366th Fighter Wing.

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**Coverage:** Coverage of upcoming events should be arranged in advance by calling the public affairs office at 828-6800 or by sending an electronic message to pa.news@mountainhome.af.mil.

**Classified Ads:** Free classified advertisements of a noncommercial nature are published in “The Gunfighter” on a space-available basis. Free advertising is limited to Air Force people (active and retired), Department of Defense civilian employees and their family members. Ad forms are available in Bldg. 512. Deadline for free classified advertisements is 5 p.m. Monday.

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Staff Writer

## WELCOME, NEWEST 'YOUNG GUNS'

Baby’s name:  
**Aiden Mitchell Adams**  
Parent’s Names:  
*Alicia and Floyd Adams*  
Birth date: Jan. 5

Baby’s name:  
**Sarah Nicole Manley**  
Parent’s names:  
*Ashley and Shawn Manley*  
Birth date: Jan. 7

Baby’s name:  
**Payton Chase Morgan**  
Parent’s names:  
*Miriah and Chase Morgan*  
Birth date: Jan. 9

Baby’s name:  
**Brianna Rachelle Jones**  
Parent’s names:  
*Jennifer and Gerald Jones*  
Birth date: Jan. 9

Baby’s name:  
**Alyson Margaret Layher-Thomas**  
Parent’s names:  
*Racheal Thomas and John Layher*  
Birth date: Jan. 10

Baby’s name:  
**Mia Abigail Whalen**  
Parent’s names:  
*Jocelyn and David Whalen*  
Birth date: Jan. 11

Baby’s name:  
**Aiyana Gabrielle Williams**  
Parent’s names:  
*Chamire and Ryan Williams*  
Birth date: Jan. 16

Baby’s name:  
**Madelyn Rose Allen**  
Parent’s names:  
*Jasmine and Jeremy Allen*  
Birth date: Jan. 17

Baby’s name:  
**Gavin Lee Truman**  
Parent’s names:  
*Ahyssa and Johnathan Truman*  
Birth date: Jan. 17

Baby’s name:  
**Emma Rose Keck**  
Parent’s names:  
*Anna and Thomas Keck*  
Birth date: Jan. 18

Baby’s name:  
**Caroline Kaye Owen**  
Parent’s names:  
*Dena and Jim Owen*  
Birth date: Jan. 19

Baby’s name:  
**Nyomi Aunalee Woltkamp**  
Parent’s names:  
*Kelly and Rickie Woltkamp*  
Birth date: Jan. 23

Baby’s name:  
**Jaydin Alexander Tanner**  
Parent’s names:  
*Alma and Dominique Tanner*  
Birth date: Jan. 23

Baby’s name:  
**Joshua Ethan Herr**  
Parent’s names:  
*Jennifer and Jason Herr*  
Birth date: Jan. 24

Baby’s name:  
**Ian Michael Bocinski**  
Parent’s names:  
*Emily and Blake Bocinski*  
Birth date: Jan. 24

Baby’s name:  
**Joseph Michael Christopher**  
Parent’s names:  
*Crystal and Joseph Christopher*  
Birth date: Jan. 25

Baby’s name:  
**Kearna Annamarie Twibell**  
Parent’s names:  
*Danica and Kevin Twibell*  
Birth date: Jan. 27

Baby’s name:  
**Gabriel Marcellino Arvidson Vinluan**  
Parent’s names:  
*Anna and Nelvin Vinluan*  
Birth date: Jan. 30



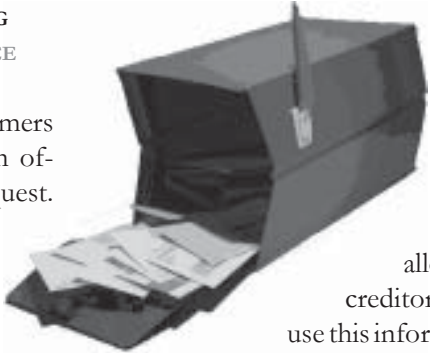


# Act provides relief from unsolicited mail

By CAPT. KARIN PEELING  
GUNFIGHTER LEGAL OFFICE

Each year, American consumers receive several billion written offers of credit they did not request. In many cases, the senders have prescreened the recipients for creditworthiness using credit records from consumer reporting agencies such as Equifax, Experian, Innovis and TransUnion.

The Fair Credit Reporting Act



allows creditors to use this information to send unsolicited preapproved offers of credit, also known as prescreened solicitations, to you if you meet certain

criteria. On the other hand, the FCRA also gives you the right to “opt-out,” which prevents CRAs from providing your credit information for unsolicited pre-approved offers of credit that you have not initiated.

Removing your name from these lists for preapproved offers will not affect your ability to apply for or obtain credit. Choosing to opt-out only means you will no longer be included in unsolicited offer lists provided by these four consumer

CRAs.

Even though your request becomes effective with Equifax, Experian, Innovis, and TransUnion within five days from the date of your application, you may not see an immediate reduction in the amount of offers you receive because your name may have already been provided to companies that have not yet mailed their offers to you.

Also, you should be aware you may continue to receive offers from

sources that do not use CRAs to compile their lists.

To opt-out, visit [www.optoutprescreen.com](http://www.optoutprescreen.com). Through this Web site, you can opt-out from receiving unsolicited preapproved offers for five years or permanently. Alternatively, if you are currently in an opt-out status, you can opt-in to begin receiving unsolicited offers.

For further guidance, contact the base legal office at 828-2238.

## SAFETY

Continued from Page 1  
names that can make them easy to confuse.

Last but not least, patients can practice safe medical care by asking the doctor or pharmacist questions they have about their medication. This is an important way to understand what each medication does, whether it is safe to take certain medications together and what generic as well as brand name of prescribed medications there are.

Improving patient safety and the safety of the environment of care is a high priority throughout the country. Learning information on medical conditions and ways to develop a healthier lifestyle not only allows patients to have a higher quality of life, but it also may decrease or postpone the potential worsening of medical conditions.

Base hospital personnel are constantly on the alert for ways to make medical care visits a safe experience. Together, patients and the 366th MDG are making a strong team. Together, they are creating a safer environment for receiving medical care.

## TRICARE focuses on eye, vision benefits

By MARK JECKER  
TRIWEST HEALTHCARE ALLIANCE

No matter how well service members test on the annual eye exam, it’s easy to be a little unclear about vision care, and reading every policy governing TRICARE’s eye and vision benefits can make a person cross-eyed.

But here’s a looking glass into the policies that won’t leave anyone with red eyes.

### Just the facts

- TRICARE Standard, Extra and Prime active-duty family members are eligible for one routine eye exam per year.
- Prescription eyeglasses or contact lenses are not a covered TRICARE benefit, except under very limited circumstances, such as corneal lens removal or treatment of infantile glaucoma.
- All Prime enrollees are eligible for the enhanced wellness benefit, which includes an eye examination every two years and does not require a co-payment. However, eye examinations must be performed by a TRICARE network optometrist or ophthalmologist to be covered. No referral is needed

when seeking care from a TRICARE network provider.

- Eye health of children up to age 6 is evaluated by their health care practitioners as part of the well-child benefit. The provider performs periodic eye and vision screenings for the child.

- Children between ages 3 and 6 are covered for two comprehensive eye examinations that include screening for two common childhood disorders—amblyopia and strabismus, which is more commonly referred to as “lazy eye”.

- Newborn screening is covered under the mother’s maternity benefit.

- All TRICARE-eligible beneficiaries are covered for medically necessary eye examinations provided in connection with the medical/surgical treatment of a TRICARE-covered illness or injury. All beneficiaries also are covered for screens for any pathology, including refractive error. Standard or Extra beneficiaries are responsible for the appropriate cost-share and deductible for these services. Those using TRICARE



Prime require a referral for medically necessary eye examinations.

- Retired service members and their families have no routine eye benefits under TRICARE Standard or Extra.

- Diabetic TRICARE beneficiaries of any age are encouraged to have an eye exam every year and are allowed an annual comprehensive eye examination.

Visit [www.triwest.com](http://www.triwest.com) or [www.tricare.osd.mil](http://www.tricare.osd.mil) or call (800) 874-9378 for more information.

## COALITION MERCY MISSIONS



ALI BASE, IRAQ (AFPN) — FLAG OFFICER DAMIEN BOSWELL IS AMONG THE ROYAL AUSTRALIAN AIR FORCE AIRCREW THAT FLY WEEKLY MERCY MISSIONS THROUGHOUT IRAQ, RESCUING INJURED SERVICEMEMBERS AND TAKING THEM TO HIGHER ECHELONS OF CARE. OFFICER BOSWELL IS WITH THE 37 SQUADRON BASED OUT OF RAAF BASE RICHMOND, NEW SOUTH WALES.

## MISSIONS

Continued from Page 1

“This is by far the best job I could ever have,” Captain Harlow said. “These men and women are out there defending our country, risking their lives every day. There’s no better feeling than giving them the care they need.”

This care wouldn’t be possible without the skillful Australian aircrew in charge of maneuvering the giant flying ambulance through a war zone and back.

“Our goal is to get everyone where they need to be, safely. We control the movement of passengers and pa-

tients on and off of the aircraft, and take care of any emergency that might occur,” said Sgt. Scott Copland, RAAF loadmaster. “We enjoy working on these missions. It’s important work and it builds a good foundation for us with our coalition partners.”

The RAAF flies mercy missions whenever possible.

“It’s a mission we want to do,” said Wing Commander Alistair Dally, commander of the RAAF forward command element here. “It’s a tangible contribution that fits well beside our national tasking commitments, and we intend to keep it up.”

Commander Dally contends that carrying patients, rather than cargo, is an especially gratifying contribution.

“It’s not like moving a patient, it’s like moving what happens to it,” he said. “It’s here — people who are hurt, and we’re taking them to their home. It’s very satisfying service.”

Combining coalition forces makes the missions more meaningful to the crew.

“It’s an honor to work with our coalition partners,” Sergeant Copland said. “Sharing the mission is important to us, and it feels good to lend a helping hand. After a mission, it’s a great feeling to know you’ve helped someone.”

## IN THE SPOTLIGHT

### FTAC awards

Congratulations to Airman 1st Class Brandon Fitzpatrick, 366th Equipment Maintenance Squadron, on receiving the First Term Airmen Center’s “Sharp Troop” award for being the top performer of Class 06-G.

Congratulations to Airman 1st Class Keith Bullard, 366th Component Maintenance Squadron, on receiving the “Gunfighter Pride” award for Class 06-G.

### AFSA award

Congratulations to Senior Airman Maria Maravelias, 366th Component Maintenance Squadron, on winning the Air Force Sergeants Association’s First Term Airmen of the Year Award for Chapter 1164. She will compete for the Division 11 First Term Airman of the Year Award in Arizona next month.

## NEWSLINE

### MPF closure

In support of the scheduled exercise, the following military personnel flight offices are closed today: reenlistments, extensions and CJRs; evaluations; separations and retirements; relocations; and employments. Appointments will meet as usual. For more information, call 828-2133.

### Military blood drive

The Armed Services Blood Bank Center is hosting a military blood drive Thursday from 8 a.m. to 4 p.m. at Afterburner's Lounge in the base community center. The drive, which is walk-in only, is in honor of Idaho Marine Cpl. Travis Green, who recently lost both legs during his third tour in Iraq. Most donations will be shipped overseas to help other injured deployed troops. For more information, contact 1st Lt. Lindsey Tramel at 828-1447.

### OSC scholarship auction

The Officer's Spouses' Club is hosting its annual scholarship auction March 17 at the Gunfighters Club. The silent auction starts at 6 p.m. and the live auction at 8 p.m. It will run until everything is sold. Heavy Hors d'Oeuvres including baron of beef with condiments, peel-and-eat shrimp, bacon-wrapped pineapple, teriyaki chicken kabobs, hot crab dip, and fruit and veggie platters will be served. The price is \$10 for members and \$12 for nonmembers. R.S.V.P. by Wednesday to Dianna Champion at 587-2205 or e-mail [dianachampion@hotmail.com](mailto:dianachampion@hotmail.com).

### Restricted area badges

The 366th Security Forces Squadron pass and registration office is initiating a wing mass reissue of restricted area badges beginning March 13. The mass reissue will be conducted at Building 800 (the old OSI building) on Phantom Ave. Unit security managers are responsible for completing all the required paperwork and scheduling their respective unit personnel to receive their new restricted area badge. For more information, call Staff Sgt. Monique Hester at 828-6098.

### GPC responsibilities

Unit commanders must establish a locally devised program for managing and controlling items that are issued or purchased with a Government Purchase Card. The program should provide visibility and audit trail capability to include use of hand receipts, spreadsheets, an Organization Visibility Listing (R15) and a custodian. For more information, call Jeanette Amos at 828-6430.



# Air Force vision embraces warfighters, heritage

WASHINGTON (AFPN) – Heritage, future innovations and focus on the joint warfighter are three key points in the newly released Air Force Vision document, “Lasting Heritage...Limitless Horizons: A Warfighter’s Vision.”

The vision document was released to Airmen worldwide Tuesday and replaces the older “Vision 2020” version.

Released in 1997, Vision 2020 focused on preparation for the then-upcoming turn of the century.

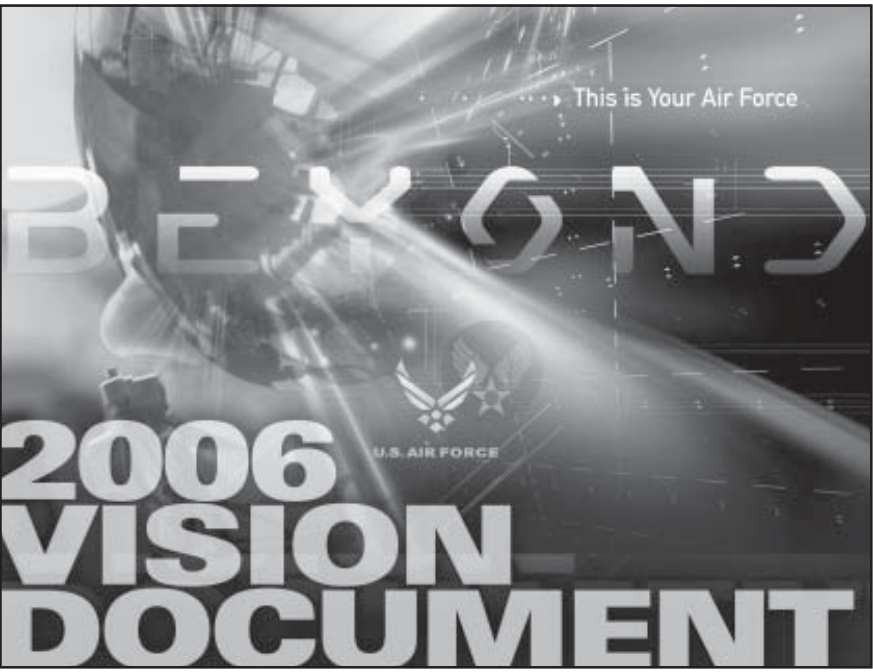
“Many of the same themes appear in both documents, such as innovation and Airmen as warfighters,” said Secretary of the Air Force Michael W. Wynne.

“The overall theme (of the recent document) stresses that Airmen will continue to live up to their rich heritage and push the Air Force to an even better horizon,” he said.

“Heritage to horizon” is a strong message in the document, exemplified by timelines, quotes from past senior leaders and brief reviews on past Air Force missions.

“From the days of Chenault and aviation – from Schriever, from LeMay, from Stuart Symington who was the first Secretary of the Air Force – it has always been about innovation,” Secretary Wynne said. “It has always been about pursuit of excellence. It’s always been about using and pushing the boundaries of technology into a future that was relatively unknown.”

While the document is heavy in Air Force history, its outline for the Air Force’s future is made clear with references to new technology, total force concepts and fighting the Global War on Terror-



ism. “To realize the vision, we have three priorities: maintain a razor-sharp focus on fighting this Global War on Terrorism, continue developing our Airmen and recapitalize and modernize our inventory,” said Gen. T. Michael Moseley, Air Force

chief of staff. “Meeting these challenges will require bold new initiatives.

“Our Airmen understand this intuitively. They build on a distinguished and lasting heritage. They will push the Air Force beyond the horizon.”

“We updated the vision to show how the Air Force is and will remain engaged in the Global War on Terror, (and how it) continues to embrace dramatic business practices and strives to achieve our bold future,” Secretary Wynne said. “The chief of staff and I are committed to developing the best Airmen and providing them with the best equipment and weapons to do their job.”

Chief Master Sgt. of the Air Force Gerald R. Murray wrote in the document that “the enemy is erratic and

ruthless but no match for the skillful and dedicated Airmen, Soldiers, Sailors, Marines and Coast Guardsmen serving today.

“Our unity and integration is better than ever, and we will improve our interoperability even more in the future. Together, we will fight hard and win decisively,” he wrote.

Secretary Wynne said he believes the new vision document is an important information tool for Airmen because it provides a clear explanation of the Air Force’s mission, history and plans for the future.

“I would like Airmen to take away from this vision document that there is limitless horizons,” he said. “Airmen are allowed to innovate ... and as they’ve always been, be free-thinking, risk-taking warfighters.”

## Post-deployment program shows early promise

By ELAINE WILSON  
FORT SAM HOUSTON PUBLIC INFORMATION OFFICE

FORT SAM HOUSTON, Texas (AFPN)—Although in its fledgling stages, a program designed to accurately identify post deployment physical and mental health issues has already produced promising results, a senior Defense Department official said Monday.

“The post deployment health reassessment is a way to show servicemembers we care about them; we are here for them. And, if there are legitimate concerns, we can find out early and treat them,” said

Ellen Embrey, deputy assistant secretary of defense for force health protection and readiness.

The reassessment, implemented in a limited basis in January, comprises a series of questions designed to identify service members’ concerns four to six months after their return from a deployment.

“We developed the reassessment based on lessons learned from the first Gulf War,” Ms. Embrey said. “We wanted to make sure we captured servicemembers’ concerns about their health, how they’re doing physically and also find out how they feel. It’s very comprehensive.”

Before the reassessment, the primary

tool for gauging a servicemember’s physical and mental health post deployment was through an assessment offered shortly after a servicemember’s return. However, an assessment given in that early of a time frame may not offer a realistic picture of the servicemember’s physical and mental health, Ms. Embrey said.

“More than 90 percent of servicemembers reported they were in great health on the post deployment assessment, which may be motivated in part by the fact that they can’t go home until they fill out the form,” Ms. Embrey said. “As the thrill of being back home wears off and reality sets in, usually about four to six months

after they return, that’s when we want to reach out to them.”

With reassessment results in hand, the medical and family services community can offer financial, medical or mental health support, “any kind of service they need,” Ms. Embrey said. The reassessment is currently targeted at servicemembers who are redeploying within four to six months of a prior deployment, which “seems to be the breaking point for these servicemembers, making it the perfect time to evaluate their physical and mental health,” she said.

With encouraging data in hand, Ms. Embrey said the program soon will be expanded to include all active duty and

reserve component members DOD-wide.

“Forty-five percent of participants to date express any health concerns,” she said. “This is vastly different from 93 percent saying I’m in excellent health.”

A majority of the concerns are physical, with a smaller percentage of mental health concerns, Ms. Embrey explained, adding that the reassessments are useful in identifying problems but are not intended as a diagnostic tool.

“The important thing is we have a great opportunity to capture physical and mental health concerns at the point they emerge, and refer the servicemembers for help when necessary,” she said.

## PASSING OF THE GUIDON



NAS WHIDBEY ISLAND, WASH. — Lt. Col. Kevin Shorb relinquished command of the 388th Electronic Combat Squadron to Lt. Col. Eric Johnson (right) in a ceremony Thursday that was presided over by Col. William Schaal (left), commander of the 366th Operations Group. The 388th ECS is a detachment of the 366th Operations Group.

## AFPC seeks customer feedback for new Web site

RANDOLPH AIR FORCE BASE, Texas (AFPN) – The Air Force Personnel Center is giving its customers an opportunity to ensure the new AFPC Web site will answer their personnel questions.

The new searchable site is accessible via a link on the current AFPC homepage at [www.afpc.randolph.af.mil](http://www.afpc.randolph.af.mil) and customers are encouraged to provide feedback as the center continues to develop the site.

This site will be an integral part of the personnel services delivery transformation, which is designed to improve, streamline and modernize the way personnel actions are accomplished.

“I want to give our customers the opportunity to provide input into this process,” said Maj. Gen. Tony Przybyslawski, AFPC commander. “Their feedback will be an invaluable tool in our Web site development and the success of the PSD transformation.”

The new site uses a question and answer format to explain personnel actions and programs and will give AFPC customers an opportunity to provide specific feedback, even after the official launch.

During the development process, customers can provide input one of two ways. They can e-mail general comments by clicking the feedback button on the new site’s front page. Also at the bottom of each Q&A, customers can provide feedback directly to the AFPC subject matter expert for that topic.

While the center is set up as the first stop for personnel information, leadership acknowledges there will be times when customers may need more help.

“Our goal is to make the Web a one-stop shop for personnel questions,” said General Przybyslawski. “However, in the rare instance that it does not, the customer can call or e-mail a representative at our contact center for further assistance.”

The new site will officially launch March 15.

## FSC helps Gunfighters TAP into separation, retirement

By SENIOR AIRMAN SERGIO AGUIRRE  
GUNFIGHTER PUBLIC AFFAIRS

For military members nearing the end of their service, life can be somewhat hectic and unpredictable. Donning a business suit, adjusting their finances, making a resume or participating in a job interview present members with various personal hurdles they must overcome to be successful after their military careers. One agency that looks to make this transition as easy as it can be is the family support center.

Known as the Transition Assistance Program, the family support center offers a course that cover a wide range of topics including job opportunities, the discovery research center, veteran’s benefits, vocational rehabilitation, job interview techniques, resume writing as well as a chance to talk to local employers on the last day of the class.

“Our goal with the program is to help

servicemembers prepare for life as civilians,” said Betty Frederickson. “Everything from learning how to write a resume to choosing a health care solution – we cover as many topics as we can over a five-day period.”

Because it focuses on so many different subjects, several instructors from different fields of expertise take turns teaching throughout the course.

“I try to interact with my classes at make it an entertaining experience,” said Ray Cotton, Mountain Home Commerce and Labor department. “We cover so many topics that aren’t too exciting, so I focus on class interaction to keep the material engaging and informative.”

The first three days of the class consist of Mr. Cotton discussing a host of employment-related topics such as career exploration, effective job searches, interview techniques as well as potential employment options through both state and federal avenues.

“I cover so many topics that are all important,” said Mr. Cotton. “I tell my students to ask as many questions while we are in class so we can discuss them in depth. They can always review the handouts, but my goal is to get them personally prepared to tackle this transition successfully.”

Students who have gone through the program maintain it has opened their eyes to potential problems they had not thought of such as higher tax rates, veteran’s benefits and career opportunities.

“I found the class very beneficial. It made the transition from military to civilian life much easier for me,” said Elise Mathias, a casualty assistance representative here and recently retired Air Force member. “The veteran’s benefits and resume-writing portion of the class were the most useful parts for me.”

Among the various services discussed during the course, the discovery research center shines bright. The center is home to multiple computers with internet

access and volumes of material about careers, businesses and languages as well as relocation information.

“Our discovery center is a valuable resource for our students because it’s available to them any time we are open,” said Ms. Frederickson. “By providing them with job search resources, career information and relocation assistance we hope to make this step in their lives a little easier.”

Ms. Frederickson advises military members who are thinking about separating or retiring from the military to visit the family support center and sign up for the next available class.

“These classes are always full, so if they are even considering it, I would tell them to come see us as soon as possible,” she said. “You just can’t beat the information provided in this class, and its all provided free-of-charge.”

For more information or to sign up for the next class, contact the family support center at 828-2458.



**SERVICES**

**Auto skills center**

**Contract mechanic and paint and body tech** — Work is done by appointment only. There are now two mechanics on staff to better serve the Gunfighters. To make an appointment, call 828-2295.

**Bowling center**

**Family special** — Bowl for \$1 a game every Sunday.

For more information, call 828-6329.

**Community center**

**Colossal Cookie Challenge** — Today from 11 a.m. to 1 p.m. in the community center ballroom. The event is free.

**Chess tournament** — March 11 at 10 a.m. The event is free. Register for the tournament by March 10. For more information, call Rickey Weathers at 587-8968.

**Hip-hop all-nighter** — March 17 beginning at 9 p.m. in Afterburner's Lounge. Door prizes include DVD's and CD's.

**Instructors needed** — The community center is looking for experienced instructors for crafts, dance, music, cooking, interior decorating, self defense, sewing, quilting, cake decorating and stamping.

**Photography classes** — Tuesday and Thursday from 6 to 8 p.m. The cost is \$30 for eight sessions.

**Salsa classes** — Mondays and Wednesdays from 6 to 7 p.m. The cost is \$25 for five sessions.

**Spanish classes** — Tuesdays and Thursdays from 6:30 to 8:30 p.m. The cost is \$30 for eight sessions.

**Dog obedience class** — Saturday from 10 to 11 a.m. The cost is \$35 for four sessions.

For more information, call 828-2246.

**Youth programs**

**School-age spring break camp** — Open registration will be held March 13 to 17 from 7 a.m. to 5 p.m. Many activities are planned including field trips, movies, swimming, bowling, and arts and crafts. Breakfast, lunch and snack are included in fees. Fees are based on income.

**Gymnastics instructor** — Youth programs is looking for an experienced gymnastics instructor.

For more information, call 828-2501.

**Outdoor adventure program**

Come to the outdoor adventure program building (Building 2800 across from the youth center) to get a calendar to help plan all outdoor adventures.

For more information, call 828-6333.

**Outdoor recreation supply**

**Video rentals** — Video rentals are available for sportsmens needs. Weekend rentals are \$1, day rates are \$0.75 and additional days are \$0.50.

**Sportsman camp trailer special** — Camp trailers can be reserved on the first working day of the month and may be reserved for the following month. Prices are \$60 per weekend, \$45 over night and \$15 each additional day.

For more information, call 828-2237.

**Library**

**March book adventure** — Come see what exciting historical fiction adventures you can get lost in.

**Wireless Internet** — Bring in a laptop computer and access free wireless Internet from inside the library or from the Pony Espresso Café.

**Multimedia center** — Features color copier, scanner and photo printing.

**Story time** — Wednesdays at 1 p.m. for supervised children ages 3 to 5.

**Pony Espresso Café** —Hours of operation are Monday through Friday from 6:30 a.m. to 5:30 p.m. They serve a variety of coffee drinks, smoothies and pastries.

**Video club** — Members pay \$12 per year and can borrow up to three videos at a time for a one-week rental.

For more information, call 828-2326.

**Pizza Etc.**

**March special** — Fish sandwich, fries or tots, and a 24-ounce soda for \$6.

**Soup of the day** —

*Monday* — Chicken gumbo

*Tuesday* — Chicken and dumplings

*Wednesday* — Creamy potato with bacon

*Thursday* — Cream of broccoli

*Friday* — Clam chowder

**Gunfighters club**

**Cook your own steak or chicken** — Thursday and March 16 and 30 from 5:30 to 8:30 p.m. \$3.95 for club members.

**Gunfighters night buffet** — Wednesday and March 29 from 5:30 to 7:30 p.m. Dinner is a members only benefit. \$3.66 for adults and \$1.80 for children under 12.

**Gunfighters membership night** — March 15 from 5:30 to 7:30 p.m. Have a free buffet and an opportunity to win \$500 in door prizes. No reservations needed for this event.

**Swimming Pool**

**Hydrobics** — Available Tuesdays, Wednesdays and Thursdays from 10 to 11 a.m. The cost is \$20 per month or \$2 per session. All ages are invited to participate.

**CHAPEL**

**Catholic**

**Sunday mass** — 8 a.m.

**CCD Sunday** — 9:30 to 10:45 a.m. for 3 year olds to adults; located in the

Religious Education Building.

**Daily mass** — Wednesday at 11:30 a.m.

**Protestant**

**Sunday school** — 9:30 to 10:30 a.m. for 6 month olds to adults; located in the Religious Education Building.

**Traditional service** — Sunday at 11 a.m. Also provided at this time are a children's church for 4 year olds to second grade and Wee Joy for 6 months to 5 years.

**Gospel Jubilee Service** — Sunday at 1:30 p.m.

**Protestant extras** — Protestant Women of the Chapel meets Wednesday from 9:30 to 11:30 a.m. at the Religious Education Building.

**WELLNESS**

**Résumé workshop**

Learn how to inventory your experiences, write accomplishment statements, select a format, edit and evaluate your work. Class is Tuesday from 8 a.m. to 4 p.m. at the family support center. To register, call 828-2458.

**Stress management**

Stress signals a need for change. Your ability to cope with stress increases as you learn and adopt more coping skills. It's like money in the bank to weather tough times; the more you have, the better you can deal with the uncertainties of life. Class is Wednesday from 8 a.m. to noon at the health and wellness center. To register, call 828-7520.

**Baby care basics**

Take the first steps in parenting. Learn the essentials of basic care and safety for that new member of the family, whether this is the first or second child. Class is Wednesday from 10 a.m. to noon at family advocacy. To register, call 828-7566 or 828-7520.

**PREP workshop**

Learn the skills and principles of successful relationships. Say what you need to say, get to the heart of problems and increase your connection with each other. Class is Thursday from 8:30 a.m. to 2:30 p.m. at the family support center. To register, call 828-2458.

**EDUCATION NEWS**

**Education center closed**

The education center is closed today from 10:45 a.m. to 1:15 p.m.

**ASE exams**

The training and education center is offering Automotive Service Excellence exams May 9, 11 and 16. The deadline to register is March 17.

For more information, go the Web site at [www.asecert.org](http://www.asecert.org) or send an e-mail to [EdCenterTestAdministrator@mountain-home.af.mil](mailto:EdCenterTestAdministrator@mountain-home.af.mil).

**Education grant**

In recognition of escalating college costs, the society increased the individual award amount under its Gen. Henry H. Arnold Education Grant Program to \$2,000. The program continues to be offered to children and spouses (residing stateside) of active duty and several other candidate categories. The deadline to apply is March 10.

For more information and an application, call the family support center at 828-2458.

**Spouse scholarship**

The National Military Family Association's Joanne Holbrook Patton Military Spouse Scholarships are awarded to spouses of uniformed servicemembers to obtain professional certification or to attend undergraduate or graduate school. Scholarships are normally in the amount of \$1,000. To be considered, an application must be completed by April 15. For more information, go to the Web site at [www.nmfa.org/site/PageServer?pagename=Spouse\\_Scholarship](http://www.nmfa.org/site/PageServer?pagename=Spouse_Scholarship).

**University of Oklahoma**

The Introduction to Analysis call is scheduled March 26 to April 1. The last day to enroll is today. Visit the University of Oklahoma's Web site at [www.gouu.ou.edu](http://www.gouu.ou.edu) for a complete list of programs and classes. The Master of Pub-

## VIPER VISITS



PHOTO BY STAFF SGT. CHAWNTAIN SLOAN

VIPER PROCESSES THROUGH THE "CONTAMINATION CONTROL AREA" WITH SOME ASSISTANCE FROM STAFF SGT. SIDNEY CHATMAN, 366TH AEROMEDICAL DENTAL SQUADRON, WEDNESDAY AFTERNOON DURING THE PHASE II OPERATIONAL READINESS EXERCISE. IF YOU WOULD LIKE VIPER TO VISIT YOUR SHOP, CALL THE PUBLIC AFFAIRS OFFICE AT 828-6800 OR SEND AN E-MAIL TO [PA.NEWS@MOUNTAINHOME.AF.MIL](mailto:PA.NEWS@MOUNTAINHOME.AF.MIL).

lic Administration program is open to all.

For more information, call 828-4188 or stop by the education center.

**Boise State University**

Registration is now taking place for spring block II. The spring II semester begins April 3.

For more information, call the local BSU office at 828-6746, stop by the education center or visit [www.boisestate.edu](http://www.boisestate.edu).

**HOUSING NEWS**

**Leave notification**

If you are planning on leaving your housing unit unoccupied 72 hours of longer, you must notify the housing office. It is mandatory that you fill out a form that states who will be responsible for the upkeep of the quarters and lawn in your absence. Pets may not be left in your quarters unattended. Pets must be left at a neighbor's residence, boarded at a kennel or can remain in your house if you have a house sitter.

For more information, call the housing office at 828-2781.

**Recreational vehicles**

Mountain Home Air Force Base's location makes it perfect for Gunfighters and their families to enjoy outdoor camping, recreational sports and hunting.

Recreational vehicles are a way of life in Idaho and a common sight in our military community. RVs include boats, travel trailers, motor homes, all-terrain vehicles, snowmobiles and utility trailers. RVs parked in housing can hinder emergency response vehicles, block drive-ways, prevent use of fire hydrants or can be unsightly to our neighbors. Therefore, RV owners should know the following restrictions pertaining to parking, storing or maintaining RVs in the housing areas:

- If RVs are permanently stored in a housing area, they must fit completely under carports or, if stored in a garage, the garage door must be completely closed. They can not be parked in the driveway or on the street.
- RVs can also be stored at the base RV lot. Rental of a RV storage space can be arranged through recreation supply by calling 828-2237 or visiting them at Building 603. When the RV storage lot is full, it is up to the individual RV owners to find an off-base storage location.
- Temporary parking of RVs is permitted in housing areas for 24 hours or less for the purpose of loading and unloading only.
- An RV may be parked at an

occupant's premises or in a parking area with the permission of the housing office for up to five days for minor maintenance or upkeep and for visits by relatives in their own RVs.

- RVs are allowed to be parked at an occupant's premises beginning noon on Friday and ending noon on Monday. If Monday is a holiday, the period is extended to noon Tuesday.
- Pickups with campers used for daily transportation can only be parked in drive-ways, carports, garages or in parking lots. RV parking violators will be ticketed. If the ticketed RV is not moved within three days, it will be towed at member's expense.

Detailed information can be found in Mountain Home Air Force Base Instruction 31-204, Motor Vehicle Traffic Supervision and the Mountain Home AFB Family Housing Brochure.

For more information, call the housing office at 828-2781.

**Moving off-base**

According to Air Force Instruction 32-6001, members who request to voluntarily terminate family housing are required to live in housing at least one year and provide a 40-day written notice of intent to terminate.

Approval to move off base is required before making a commitment to lease or purchase a home. If the request to move off is not approved, and you have invested money to seal a contract, the government will not be responsible for any money you may lose.

Unless you have separation or retirement orders, the move is at the members expense.

Request forms are available at the housing office. For more information, call 828-2781.

**OUTSIDE THE GATES**

**Accepting applications**

The Mrs. Idaho America Pageant is now accepting applications for the 2006 state pageant. The pageant will be held April 28 and 29 at the Nampa Civic Center. The Mrs. Idaho America Pageant is the only pageant for married woman in the state of Idaho. The Mrs. Idaho America competition is an exciting and rewarding program that recognizes Idaho's married women and is the official state preliminary to the Mrs. America Pageant. Mrs. Idaho will join 50 other state winners for the nationally televised Mrs. America Pageant in September.

For more information, visit the Web site at [www.mrsidahoamerica.com](http://www.mrsidahoamerica.com) or call (208) 250-2775.

# THE BIG SCREEN

**Today** — *Hostel* — R — 7 p.m. — starring Hay Hernandez, Derek Richardson. Two adventurous American college buddies, Paxton and Josh, backpack through Europe eager to make quintessentially hazy travel memories with new friends Oli, and Icelander they've met along the way. Paxton and Josh are eventually lured by a fellow traveler to what's described as a nirvana for American backpackers — a particular hostel in an out-of-the-way Slovakian town stocked with Eastern European women. 1 hour 35 minutes.



**Saturday and Sunday** — *Glory Road* — PG — 7 p.m. — starring Josh Lucas and Derek Luke. The inspiring true story of the underdog Texas Western basketball team, with history's first all African American starting lineup of players, who took the country by storm, surprisingly



winning the 1966 NCAA tournament title. Josh Lucas stars as Hall of Famer Don Haskins, the passionately dedicated college basketball coach that changed the history of basketball with his team's victory in this time. 1 hour, 46 minutes.



**Monday** — *Tristan and Isolde* — PG-13 — starring James Franco and Sophia Myles. In the medieval legend of Tristan and Isolde, young lovers become doomed against the forces of royal politics. English knight Tristan wins the hand of the daughter of the Irish King, but the love threatens the truce between their two countries. 2 hours, 5 minutes.

**Tuesday, Wednesday, Thursday** — Theater closed.